

Improved Uniform International Sunday School Lesson

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Lesson for August 29

THE TEN COMMANDMENTS—DUTIES TO MAN

LESSON TEXT—Exodus 20:12-31. GOLDEN TEXT—Thou shalt love thy neighbor as thyself.

PRIMARY TOPIC—The Commandments About Man. JUNIOR TOPIC—How to Serve Men. INTERMEDIATE AND SENIOR TOPIC—Loving and Helping Others. YOUNG PEOPLE AND ADULT TOPIC—Ideal Human Relationships.

I. The Fifth Commandment (v. 12).

1. How this commandment may be broken.

(1) By showing disrespect to parents. Disrespect is shown to parents—

(a) By speaking of them as "the old man" and "the old woman."

(b) By being ashamed to be seen in their company.

(2) By disobedience.

(3) By not supporting them in their old age.

2. Promises annexed to this commandment.

(1) "That it may be well with thee" (Eph. 6:3).

(2) "That thou mayest live long upon the earth."

II. The Sixth Commandment (v. 13).

This is a bulwark thrown around human life. Man was created in God's image. Every attempt to take human life is a thrust at God. This commandment may be broken:

1. By sinful anger (Matt. 5:22).

2. By hatred (I Jno. 3:15).

3. By immoderate recreation.

4. By employers having unsafe surroundings, thereby causing the death of their employees.

5. By sending children to fall in shops and factories before maturity.

6. By suicide.

7. By infanticide.

8. By war.

III. The Seventh Commandment (v. 14).

This is a bulwark thrown around the home. This commandment may be broken:

1. By unclean thoughts, affections, purposes and imaginations (Matt. 5:27, 28; 15:19).

2. By unchaste conversation.

3. By wanton looks (Isa. 3:16; II Peter 2:14).

4. By immodest apparel.

5. By actual adultery.

6. By divorce.

IV. The Eighth Commandment (v. 15).

This commandment strikes at the heart of theft. It may be broken:

1. By taking that which actually belongs to another.

2. By false weights and measures.

3. By extortion.

4. By employers defrauding employees and the employee failing to do honest work or put in full time.

5. By borrowing and not returning.

6. By going into debt, knowing that payment is impossible.

7. By usury.

8. By graft.

9. By lying advertisements.

10. By making assignments to escape payment of debts.

11. By strong nations oppressing the weaker ones.

V. The Ninth Commandment (v. 16).

The sin aimed at by this command is a most deadly one—that of lying. This commandment may be broken:

1. By actual open lying.

2. By perjury—swearing to falsehoods by the name of God.

3. By slander.

4. By tale-bearing (Lev. 19:16). This is commonly done by repeating a report without investigating its truthfulness.

5. By creating a false impression (Ex. 23:1).

6. By a breach of promise.

7. By withholding the truth.

8. By exaggeration.

9. By flattery.

10. By recommending a man for a position of honor and trust who is unqualified for it.

VI. The Tenth Commandment (v. 17).

This commandment strikes at the desire for that which is unlawful for one to have. The sin does not lie in the desire to possess things, but in the desire to possess that which belongs to another. It is not wrong to have lands and personal property which one may have acquired honestly, but it is wrong to have the lands which belong to another. It is right for a man to have a wife, but it is sinful to have another's wife. This commandment goes back of all the rest. It deals not only with the open violation, but with the inner desires and motives. It strikes at the very purposes of the heart.

Nowhere Else to Go

I have been driven many times to my knees by the overwhelming conviction that I had nowhere else to go. My own wisdom and that of all about me seemed insufficient for that day.—Abraham Lincoln

Cure for Depression

The best cure for depression is to look around and see what is happening to other people. You are not hearing all the misfortunes of the world.

About Your Health

Things You Should Know



By John Joseph Gaines, M.D.

REST

Rest is in no way related to laziness. One cannot be said to rest unless weary. Rest is the antidote for intensive action; it is our best reconstructive, and, like most valuable, should be earned to be enjoyed.

There is no equal for rest in the restoration of tired nerves or flagging energies. Medicines are poor substitute for rest, if indeed they are substitutes at all. Often have I recalled the prescription of the meek and lowly Nazarene, when he beheld the tempest raging and said, "Peace; be still." When the nerves are taxed to the uttermost, sleep impossible, the mind, urged beyond its capability, totters on its throne, then rest—rest—unless rest is secured disaster is imminent. The well-ordered man will not permit anything to disturb his rest hour.

In these hurry-scurry days we seem to forget that rest is an essential to human life and happiness. We forget that a worn-out mind is even worse than a worn-out body, as we swing in our swivel-chairs and order a "bromo" for the headache. What rebels we are turning night into day and day into night! We ignore the law of rest and wonder why we do not feel well.

Some very ignorant unthinking people seek stimulants when tired. This puts off the crisis for a time, but not for long. No break-down comes without warning in time. We should heed the call of rest, even though it is only a whisper. To evade it is to hear at some critical time the shout of outrage. Nature "Fool, take thy penalty fully earned."

ADVERTISE IN THE COURIER

FARMERS FAVOR MANY MEASURES

State Farmers Convention Favors Eight Months' School Term, Secret Ballot and Co-operative Marketing; Join Farmers Organizations.

The State Farmers Convention, which closed at State College, Raleigh last Thursday afternoon was attended by about 1700 farmers and farm women. Many interesting addresses were delivered and the convention was a most valuable one. The following resolutions were adopted:

"Assembled for the 24th annual session of the North Carolina farmers' state convention, the farmers and farm women here represented present the following declaration on vital public issues affecting our North Carolina rural population:

"(1). We call attention to the imperative need for the courageous and scientific study of our tax system and the adoption of important reforms by the next general assembly. Farm lands are not equitably assessed and the farmer pays too large a proportion of our taxes in proportion to his income; solvent credits, bank-deposits, etc., in towns and cities largely escape taxation, throwing increased burdens on agriculture, while the variation in local school tax rates cries aloud for a truly state system of public education.

"We appeal to the general assembly to give recognition to these serious evils and to work out suitable and effective remedies.

"(2). The farmers in North Carolina, like the farmers of the nation generally, demand equality for agriculture. We have just recited the need for giving equality to agriculture in matters of taxation. We also call for equality for agriculture in matters of education. County boys and girls should have as good schools in both quality and quantity as city boys and girls.

"(3). We also insist that the time has come to give equal opportunity to our rural people, in the matter of public health and public hospitals. The sick in the humblest country home should have an opportunity to get the services that public hospitals

offer as easily as do the indigent sick in cities where public hospitals are open to all who need them. We appeal to Dr. W. S. Rankin, of the Duke foundation, to our state board of health, and to the general assembly to unite in a program which will insure equality or opportunity in the matter of health and hospital service.

"Resolved, that we ask that copies of these resolutions be sent to all candidates for the legislature and to our state officials.

"Resolved, that we also ask for the statewide equalization of support of farm and home demonstration work by the enactment of the Christian bill introduced into the last legislature increasing the state appropriation for this purpose.

"(4). In order that farmers may perform their duties as citizens effectively and that good government may be prompted for them and all other classes, we favor the secret ballot, the improvement of the pri-

mary system, to prevent corruption, etc., and believe that the primary should be supplemented by mass meetings of farmers in the various counties preceding the primaries each election year to discuss needed measures affecting agriculture and to urge capable farmers to offer for legislative positions.

"(5). We reiterate our faith in the soundness of the principles of co-operative marketing and point to the growing success of the movement in the nation as a whole and to the increasing recognition of its wisdom by agricultural leaders, public men and business men the country over.

"(6). In addition to their support of co-operative marketing we urge farmers to join other general farmers organizations and also maintain in each county a county board of agriculture.

"Resolved, that at future meetings of the farmers' conventions a time be set apart for farmers' busi-

ness organization, which officers of our co-operative marketing associations, North Carolina Agriculture Credit association, State Farmers' Mutual Fire Insurance association, etc., shall be asked to attend and answer questions from farmers present."

DR. S. RAPPORT of Durham OPTOMETRIST

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My next visit will be Wednesday September 1st.

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per cent
Interest
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4
per cent
Interest
On Savings

What Are You Doing For Their Future?

When your children grow up and start into the world, "on their own," competition will be greater and a living harder to earn. Take education for example. You from your own experience can see how valuable a good education is, even today. The world makes room for brains, pays well for intelligence. Tomorrow a college education will be absolutely essential to success. Just as essential as a high school or grade school education is today.

It is your duty to provide the necessary financial means for higher education. By starting a savings account now, and making small deposits you will be astonished how it will grow into large funds—and make your children's future a guaranteed success

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